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WHAT IS CLAIMED IS:

 An information recording method comprising: recording object information in an information recording medium; and

recording reproducing control information, which defines a method of reproducing the object information and defines a predetermined command executed according to a predetermined operation of a user or other reproducing control information, in the information recording medium.

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- 2. An information recording method according to claim 1, wherein the predetermined command is a command which is executed when a timer is made valid and a predetermined time is elapsed.
- 3. An information recording method according to claim 2, wherein the reproducing control information defines other reproducing control information which is linked when the timer is made valid and the predetermined time is elapsed.
- 4. An information recording method according to claim 2, wherein the reproducing control information further defines control information whether the timer is reset or not according to the user operation during action of the timer.
- 5. An information recording method according to claim 1, wherein the reproducing control information is PGC in resuming operation.

- 6. An information recording method according to claim 1, wherein the information recording medium is an optical disk.
- 7. An information recording method according to claim 1, wherein the predetermined command determines whether a title reproduced last is an original story or VAM and commands a resuming action in the case of the original story or commands not to return to VAM but to start reproduction of the original story.
- 8. An information recording medium comprising: object information; and

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reproducing control information which defines a method of reproducing the object information and defines a predetermined command executed according to a predetermined operation of a user or other reproducing control information.

- 9. An information recording medium according to claim 8, wherein the predetermined command is a command which is executed when a timer is made valid and a predetermined time is elapsed.
- 10. An information recording medium according to claim 8, wherein the reproducing control information defines other reproducing control information which is linked when the timer is made valid and the predetermined time is elapsed.
- 11. An information recording medium according to claim 8, wherein the reproducing control information

further defines control information whether the timer is reset or not according to the user operation during action of the timer.

12. An information recording medium according to claim 8, wherein the reproducing control information is PGC in a resuming operation.

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- 13. An information recording medium according to claim 8, wherein the information recording medium is an optical disk.
- 14. An information recording medium according to claim 8, wherein the predetermined command decides whether a title reproduced last is an original story or VAM and commands a resuming action in the case of the original story or commands not to return to VAM but to start reproduction of the original story.
 - 15. An information reproducing apparatus comprising:

a reading portion which reads out object information and reproducing control information, which are recorded in an information recording medium; and

a reproducing portion which reproduces the object information read by the reading portion according to the reproducing control information and executes a predetermined command or other reproducing control information according to definition of the reproducing control information when a predetermined operation of a user is detected.

- 16. An information reproducing apparatus according to claim 15, wherein the predetermined command is a command which is executed when a timer is made valid and a predetermined time is elapsed.
- 17. An information reproducing apparatus according to claim 15, wherein the reproducing portion resets a count of the timer according to the definition of the reproducing control information when the predetermined operation is carried out.
- 18. An information reproducing apparatus according to claim 15, wherein the reproducing portion resets a count of the timer according to the definition of the reproducing control information when the predetermined operation is carried out, and the reproducing portion resumes the count of the timer again after the predetermined operation is completed.
 - 19. An information reproducing apparatus according to claim 15, wherein the reproducing control information is PGC in a resuming operation.
- 20. An information reproducing apparatus according to claim 15, wherein the information recording medium is an optical disk.